

## **Vermont Mental Health Performance Indicator Project**

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### MEMORANDUM

TO: Vermont Mental Health Performance Indicator Project  
Advisory Group and Interested Parties

FROM: John Pandiani  
Janet Bramley

DATE: March 14, 2003

RE: Combinations of Services to Substance Abuse Clients

This is the fourth in our series on CMHC practice patterns that focus on variation in combinations of services provided by regional treatment programs. Previous PIPs focused on CRT clients ([www.state.vt.us/dmh/Data/PIPs/2003/pip021403.pdf](http://www.state.vt.us/dmh/Data/PIPs/2003/pip021403.pdf)), Children's services clients ([www.state.vt.us/dmh/Data/PIPs/2003/pip022803.pdf](http://www.state.vt.us/dmh/Data/PIPs/2003/pip022803.pdf)) and Adult Outpatient clients (<http://www.state.vt.us/dmh/Data/PIPs/2003/pip030703.pdf>). This week's PIP focuses on combinations of services to people served by Substance Abuse programs at community mental health centers in Vermont during FY2002. This report examines combinations of four traditional "outpatient" services: psychotherapy, medication monitoring, community supports (formerly known as case management), and clinical assessment. Statewide almost 90% of all AOP clients received at least one of these services.

It is worth noting that CMHC reporting of substance abuse services is not as geographically distinct as is the case with mental health service reporting. Services reported by the Clara Martin Center (CMC), for instance, include services provided by Clara Martin and services provided by Central Vermont Substance Abuse Services in Washington County. Similarly, services reported by the Howard Center (HCHS) in Chittenden County include services provided by that agency in Franklin county. Low substance abuse client counts for Northwestern Vermont (NCSS) and the lack of substance abuse service reporting for Washington County are related to these reporting arrangements. Low substance abuse service reporting by Lamoille County Mental Health (LCMH) is related to the fact that Copley Behavioral Health is the primary substance abuse service provider in that region of the state.

As you will see, psychotherapy with clinical assessment (40%) was the most common configuration of outpatient service in substance abuse programs, statewide. The prevalence of this combination of services, however, varied substantially among providers from 51% of people served in Bennington (UCS) to less than 9% of those served in Northwestern Vermont (NCCSS) and less than 3% of those served in Lamoille County (LCMH). Clinical assessment services only was the second most common



service "configuration" statewide (23%). Again, the proportion of clients who received this service varied substantially among providers from 46% in Rutland (RMHS) to 8% in Bennington (UCS) and less than 3% in Lamoille County. Utilization of psychotherapy only (19% statewide) varied from 28% of substance Abuse service recipients in Addison County (CSAC) to 6% in Rutland County. More than half of all substance abuse service recipients at Lamoille County Mental Health received medication checks only.

We look forward to your comments on the variation in practice patterns observed in this analysis and your suggestions for further analysis to [pip@ddmhs.state.vt.us](mailto:pip@ddmhs.state.vt.us) or 802-241-2638.



## Combinations of Outpatient Services

### (Psychotherapy, Clinical Assessment, Medchecks and Community Supports)

#### Percent of Clients Receiving These Services from CMHC Substance Abuse Programs in Vermont: FY2002

SERVICE COMBINATION	STATE (N=5025)	CSAC (N=177)	NCSS (N=23)	HCHS (N=1642)	LCMH (N=19)	HCRS (N=487)	NKHS (N=701)	CMC (N=1055)	RMHS (N=483)	UCS (N=437)
<b>Psychotherapy only</b>	19%	<b>28%</b>	17%	16%	<b>21%</b>	<b>26%</b>	<b>22%</b>	19%	6%	<b>26%</b>
<b>Psychotherapy with:</b>										
Clinical Assessment	<b>40%</b>	<b>37%</b>	9%	<b>40%</b>	-	<b>47%</b>	<b>39%</b>	<b>39%</b>	<b>30%</b>	<b>51%</b>
Clinical Assessment & Community Supports	3%	3%	4%	-	-	3%	8%	5%	-	3%
Clinical Assessment & Medchecks	-	5%	9%	-	-	-	-	-	4%	3%
Community Supports	-	-	9%	-	-	-	9%	-	-	-
Clin. Assmt, Medchecks & Comm.Supports	-	4%	-	4%	-	-	-	5%	-	-
Medchecks	-	3%	13%	-	11%	-	-	-	3%	3%
<b>Other Single Services</b>										
Clinical Assessment only	<b>23%</b>	10%	9%	<b>27%</b>	-	18%	15%	<b>24%</b>	<b>46%</b>	8%
Community Supports only	-	-	4%	3%	11%	-	3%	1%	1%	-
Medchecks only	-	-	17%	-	<b>53%</b>	-	-	-	-	-
<b>Other Combinations</b>										
Clinical Assessment & Community Supports	-	-	-	-	5%	-	-	-	3%	6%
Other	9%	9%	3%	14%	13%	-	7%	8%	11%	-

Based on analysis of Monthly Service Reports submitted by designated Community Service Providers. Column entries indicate percentage of clients assigned to each CMHC Substance Abuse Program (column totals). People receiving emergency services only (n=263) are excluded from this table. Percentages in bold type indicate more than 20% of the clients receive a service combination. A '-' indicates fewer than 3% of the clients receive a service combination.